

# Health, Beauty And The Home

## The Children's Play Room

By Mrs. Christine Frederick,  
The Distinguished Authority on Household Efficiency.

ONE of the arrangements which permit better and smoother running of the household where there are children is to have a well-planned play room for their use. In this respect we have much to learn from the homes of our British allies, where a "nursery" is as much a part of every home as a drawing room. In too many American homes the children are allowed to live in every room of the house, scatter toys everywhere and thus make extra work for the mother or maid.

Just now, when so many families are doing without household service in order to save expense and because good help is so scarce, the mother will find that it pays to give some attention to the room devoted to the children. If she is doing the work herself then by all means let the play room be on the ground floor, so that she can "keep an eye on it" while engaged in other duties. It may even be worth while to transform a back parlor or other downstairs room into one for the exclusive use of the little folks.

If possible, the floor of such a room should be covered with linoleum, unless it is a good hardwood, which can easily be wiped up in case something is spilled on it. While the pretty white enameled children's furniture appeals to the eye it is frankly too much of a task to keep clean, since it shows every finger mark. Better by far is the plain oak furniture. Even kitchen chairs which little feet or dirty boots cannot spoil may be used.

It may not be possible to redecorate the walls, but if this is done be sure to use washable oilcloth paper, which is as easily wiped off as a china plate and which little fingers cannot peel off and scratch.

To any mother who complains that the children "leave their toys about" the author always puts the question, "Do they have special closets for their own use?" One bright mother devoted an old-fashioned wardrobe to the keeping of toys and games in careful order. Any ordinary closet may be fitted with cross-shelves on which games, books and small toys may be placed. Much has been said about a shirt-waist box or window seat for toys. But it seems to be the general ex-

perience that such a box serves only as a "dump heap," into which everything may be thrown, lit or miss.

One play room I know has a foot-wide shelf running round two sides of the room at the height of about two feet from the floor. In this family there is a boy who is fond of playing with engines and other mechanical toys. He liked to stand while doing this and so his mother had this shelf built on which to run his trains instead of on the floor.

Much of the mother's time is often wasted in hunts for caps, mittens and other small apparel. An eight or ten pocket shoe bag hung on the back of a closet door will do much to keep the always-disappearing mittens safe until wanted. A shoe shelf across the bottom of a closet will keep the shoes clean and make them easier to reach. The large double hook, such as used in bathrooms, is just the thing on which to hang coats and sweaters.

If there is electricity the mother should see that the globe supplying the light for reading is neither too high nor too bright. It is most dangerous for young eyes to be strained with an intense light. Frequently the light is so high that it is too dim for reading. It is not difficult to lower the light by means of a switchcord and then put on a single shade which will cast the light downward and protect the eyes of those reading. Yellow is the best color to use for shades or for lining the large domes covering electric light.

If kerosene is used by all means have a swinging lamp, so that there will be no danger of knocking it over. And if there is a box of matches let it be of the safety kind and placed so high that no young children can reach it.

A good substantial kitchen table covered with oilcloth is excellent in a room that is also to be used by older children who want to read, do "experiments," etc. Often a mother or father will urge the children to keep away from the parlor table or desk, forgetting that they have no serviceable reading or playing surface of their own. If the child is from three to six years old then the small kindergarten table, only two feet high, with accompanying little chairs, will keep the child quiet and give him a comfortable place for many little tasks.



"Never Rub the Face Too Hard When Drying It, Lest You Coax the Wrinkles to Form." Photograph Posed by MISS ARLINE CHASE at CAMPBELL STUDIO.

So many mothers think children "in the way" when they are doing cooking, sewing and other household work. Yet it is just at such tasks that children receive their first incentives to many kinds of work. It requires patience on the part of the mother to let the child shell nuts, stem raisins, beat eggs or help make the bed, but it will be repaid by the training the children receive. Educators say that the hands of the young child are more sensitive to touch and can be more easily trained to deftness, skill and quickness than can one who is older.

One much envied mother always seems to manage her children well. One secret of her success is to have on hand a great many kindergarten supplies and to bring them out from time to time for the young children who are too small for school. This secret supply of chains, blocks, weaving, etc., is brought forth as if by magic when the usual and more noisy games are outplayed.

Another good plan is to enlist the co-operation of some of the bigger boys in mending articles about the house, such as electric bells, door-knobs, etc., or to interest them in some such fads as catching butterflies or performing simple chemical or electrical experiments. Unless the mother makes the home a kind of workshop for the children they naturally will want more expensive and less wholesome amusements.

## Beauty Questions and Answers

I AM brokenhearted because my nails break so easily. As soon as I get them nicely shaped then the point breaks off or else the nail cracks down the side. What shall I do?—B. K. L.

If your heart must break, my dear woman, let it be over something more vital than a broken finger nail. However, I don't blame you for feeling annoyed, because a broken nail certainly looks unsightly and undoubtedly spoils the appearance of an otherwise dainty and lovely hand. You will find the application of a cut lemon to the nails every day will strengthen them, as will also the following pomade:

Powdered resin ..... 15 grains  
Powdered alum ..... 15 grains  
Table salt ..... 15 grains  
Pistache oil ..... 1/4 ounce  
White wax ..... 40 grains  
Carmine (powdered) ..... 1 grain

ALTHOUGH I am a brunette and have brown eyes, they are not pretty because they are so faded looking. Can this be remedied?—H. S. A.

Brown eyes are commonly considered very beautiful, and a wise brunette will take the best possible care of them. Perhaps your eyelashes and eyebrows are ill-kept. This will diminish the loveliness of your eyes. To keep them in good condition there must be no eye-strain. Bathe your eyes daily with an eyecup in the following lotion:

Boric acid ..... 10 grains  
Tannic acid ..... 5 grains  
Camphor water ..... 1 dram  
Distilled water enough to make a total of one ounce.

WILL you please give me the proportions of the perfect human body?—EDNA F.

According to the classic Greek standard of perfection the figure should be exactly six times as long as the foot. The face, from the middle point of the hair line to the point of the chin, should be one-tenth of the entire stature. The hand, from the tip of the middle finger to the end of the palm, should be of the same length as the face, and so, also, one-tenth of the length of the body. The human body should form a Maitese cross. Its length should be the same as the distance across the body from the middle finger of one hand to the middle finger of the other.

I DON'T have any success with henna. Isn't there some other simple thing I could use to dye my hair?—MRS. H. R.

Since you insist on having a dye for your hair you might try the time-honored walnut stain, made as follows:

Walnut bark ..... 1 ounce  
Alum ..... 1/2 ounce  
Water ..... 1 pint

Boil the bark in the water for an hour. Add the alum to "set" the color. Apply the liquid with a sponge or a bit of cotton. Wrap an old veil about the head or wear a nightcap, because this will stain the pillow as well as the hair.

THERE are large, ugly cracks in my hands. How can I coax the skin to heal?—D. D. S.

Hands that have reached this stage of roughness should be kept out of water as much as possible. For a time cover the cracks with zinc oxide plasters. If the fissures are very deep you will find a salicylic soap plaster effective.

PLEASE tell me how to make a good toilet soap at home. I am anxious to use only the best of soap on my skin.—D. R.

You are right to use only the best on your skin. Here is a splendid toilet soap which should be made as follows:

White castile soap ..... 300 grams  
Spermaceti ..... 20 grams  
Oxgall ..... 10 grams  
Honey ..... 20 grams  
Essence of rosemary ..... 10 grams  
Essential oil of oranges ..... 15 grams  
Oil of lemon ..... 20 grams  
Alcohol ..... 15 grams  
Attar of roses ..... 2 drops

HOW often do you think the teeth ought to be brushed with powder?—E. H. W.

It has always been my habit to use powder only once a day, and that in the morning. Yet my dentist tells me that the best time to use tooth powder is at night, because when we are not talking or eating the salivary glands are not secreting the saliva whose flow has a cleansing action on the teeth and gums.

DO you regard alcohol as a stimulant?—K. H.

No; the stimulating effect is more apparent than real. Alcohol is essentially a narcotic and a depressant. It has anesthetic effects, lowers blood pressure, retards digestion, diminishes muscular vigor and paralyzes the small blood vessels in the skin, which leads to their dilatation and a feeling of warmth, although the internal temperature is lowered. Moderate doses can be tolerated by healthy men for a considerable time, but the same thing is true of many of the worst poisons and does not alter the fact that such use of a drug is unwise. Regarding its use in disease there are a few circumstances in which a minority of the medical profession hold it to be useful, but not as a stimulant.

## Economical Menus for the Week

MONDAY.	TUESDAY.	WEDNESDAY.	THURSDAY.	FRIDAY.	SATURDAY.	SUNDAY.
Breakfast. Cereal, Bananas, Quick Sally Luncheon, Butter, Coffee. Luncheon. Macaroni Pie, Celery, Tea. Dinner. Emergency Soup, Pot Roast, Browned Potatoes, Brussels Sprouts, Baked Apple, Dumplings, Lemon Sauce, Coffee.	Breakfast. Canned Fruit, Broiled Bacon, Hashed Potatoes, Flour Bread, Coffee. Luncheon. Bean Soup, Croustons, Orange and Romaine Salad, Cookies, Tea. Dinner. Cold Roast Beef, Mashed Potatoes, Baked Squash, Lettuce Salad, Pudding, Coffee.	Breakfast. Oranges, Oatmeal, Poached Eggs, Toast, Coffee. Luncheon. Baked Salt Mackerel, Parsley Potatoes, Romaine Salad, Coffee, Jelly. Dinner. Hamburg Steak, Boiled Rice, Glazed Onions, Chocolate Marshmallow Cake, Coffee.	Breakfast. Prunes, Cereal, Reheated Rolls, Coffee. Luncheon. Oyster Chowder, Crackers, Dill Pickles, Baked Apples. Dinner. Italian Spaghetti, Lettuce Salad, Fruit Jelly, Coffee.	Breakfast. Baked Potatoes, Creamed Salt Codfish, Toast, Coffee, Luncheon. Canned Corn Custard, Biscuits, Apricot Butter, Cottage Cheese Salad, Tea. Dinner. Baked Fish, Boiled Potatoes, Stewed Tomatoes, Pickled Carrots, Loganberries, Coffee.	Breakfast. Sliced Bananas, Cereal, Small Sausage Balls, Creamed Potatoes, Toast, Coffee. Luncheon. Bread Crumb Souffle, Muffins, Mixed Fruit Salad, Tea. Dinner. Roast Pork, Bread Dressing, Potatoes, Boiled Onions, Cranberry Pie, Coffee.	Breakfast. Fruit, Oatmeal, Scrambled Eggs, Toasted Muffins, Coffee. Dinner. Reheated Roast Pork, Gravy, Mashed Potatoes, Mashed Turnips, Emergency Salad, Baked Indian Pudding, Creamy Sauce, Coffee.

## What the Doctor Advises

DO the drug habits signify vicious indulgence or disease?—C. O.

Vice accounts for very little of the prevailing drug habits. The drug user has an abnormal nervous system, either acquired or representing his endowment at birth. The administration to children of paregoric, soothing syrups, cordials and gin, etc., accounts for many of the cases in later life. Gross alcoholism is a proof of essential defectiveness, and no system of cure can obviate this. The excessive and continuous use of morphine and cocaine, etc., represents the same thing in many cases. In such cases the nervous abnormality is the cause and not the result of the drug addiction.

I AM fifteen years old, weigh 120 pounds and am 5 feet 3 inches in height. Is there anything that will make me grow taller?—T. W. S.

Your height and weight are normal for your age; therefore you are surely destined to grow taller without resorting to any special urging.

MY little boy is subject to attacks of spasmodic cough. Will you suggest some remedies?—T. E.

During the attack wrap a cold cloth about the neck. Give the child a hot bath. Steam the air by means of a boiling kettle of water, or by pouring water upon unslacked lime. Heating menthol crystals upon an iron spoon will spread soothing fumes through the air of the room. Give a teaspoonful of the following prescription, dissolved in water:

Bromide of soda ..... 1 dram  
Simple syrup ..... 2 ounces

If the child has adenoids they should be removed. The evening meal should be light.

WHAT conditions prevent the cessation of a chronic discharge from the middle ear?—R. T.

Polyps; a pulpy condition of the mucous membrane; insufficient drainage, because of too small a perforation of the drum or one unfavorably situated; a condition known as necrosis of the small bones of the middle ear which responds to gangrene of soft tissues, and cholesteatoma, which is an accumulation of scales, pus and crystals, causing ulceration because of irritation and pressure.

I HAVE small boils from time to time near the opening of my ears. They are very annoying and more or less painful. What can I do for them?—E. W.

Use the following ointment:

Mercury ointment ..... 1 dram  
Iodin ointment ..... 1 dram  
Belladonna ointment ..... 1 dram

Use this not only during attacks, but for some time between attacks, so as to destroy the organisms causing the trouble and prevent re-

I AM suffering from painful swelling of the knees and ankles. The shoulders and elbows are also somewhat involved. The trouble moves from joint to joint. What will relieve or cure me?—M. E. K.

You are probably suffering from acute or subacute rheumatism. If there is any fever, you ought to be in bed, for in this disease the heart is apt to become involved. The diet should consist of milk and cereals. Drink much water. Take the following medicine:

Citrate of Potash ..... 4 drams  
Salicylate of Soda ..... 2 drams  
Peppermint Water ..... 4 ounces

A dessert spoonful every three hours, well diluted with water.

By all means have your heart examined and be guided by your physician's advice, for inflammatory rheumatism cripples the heart more or less in from 50 to 60 per

## Defying the Wrinkles

By Lina Cavallieri,  
The Most Famous Living Beauty.

EVERY woman must wash her face many times a day. But let me tell you a secret about this. Do not rub the face hard when drying it. A hard rubbing loosens the skin, causes the underlying muscles to sag and thus coaxes the wrinkles to form.

The face must be most thoroughly washed at night. This is the time that the real housecleaning must take place. The reason for this is not far to seek. During the day the skin has been in contact with the dust and smoke and countless other soiling agents out of doors.

When you are ready to retire hunt up your jar of cold cream and rub a good coat of it upon your skin. This may be wiped away after leaving it on the face for a few minutes. If you will look at the cloth you will find an astonishing amount of grime upon it. If this foreign matter is not removed your pores will become filled very shortly and you will have an ugly crop of pimples and blackheads.

After the cold cream bath you are now ready for a tepid water bath, with which you may use a mild soap. Be sure that it is one especially suited to your skin. Use no sponges or patent face cloths, but a simple open cloth that can easily be kept in a sanitary condition. When the cleansing bath is finished you can dash a little cold water on your face to tone up the skin and close the pores.

You may think this is enough, and that you are now ready to take your beauty sleep, but I assure you that you could never efface the wrinkles by so simple a method. The wrinkles must be massaged away with a good skin food or cold cream. This is indispensable to the woman who would have a soft, attractive skin free from wrinkles and the telltale lines of care.

Lanolin may be used instead of an elaborate cream, if preferred. But here is a cream which I often use, and one that I have found excellent for softening and cleansing the skin. It also irons out the skin like magic and gives the face that smooth, velvety feeling that every woman desires: Cocoa butter, 32 grams; spermaceti, 32 grams; oil of sweet almonds, 160 grams; white wax, 16 grams; oil of rose geranium, 8 drops.

Almond milk, too, is still an old-fashioned favorite with many, and a good astringent cream is made of the almond milk from fifty crushed almonds, to which one pint of rose water has been added. If the mix-

ture is not smooth, it should be strained through a cheesecloth or soft silk before using. With the addition of half an ounce of alum it can do most effective work in chasing away the wrinkles.

It is necessary, too, for you to know the right way to massage the cream into your skin. Don't smear on each cheek a big dab of cream and then spread it all over your face with your fingers. That will do but little, if any, good.

With the rotary motion rub the cream in gently but firmly. Massage away from the corners of the eyes to the hair lines. In the same way with the tips of the fingers iron out the lines that concentration has written between the eyebrows. With the tips of the middle fingers massage the lines upward from the corners of the lips to the nostrils, and try to eradicate the ugly little lines in front of the ears by rubbing gently upward.

When the cream has been well rubbed into the skin any that remains and is not taken up by the pores should be wiped off with a soft cloth. But do not attempt to wipe it all off. Leave some on the skin over night. This is the greatest help in clearing the skin of wrinkles that I know of.

In the morning when you awake you must wash your face in tepid water, to which has been added ten drops of benzoin to a quart of water. This will remove whatever cold cream remains on the skin. Do not forget the dash of cold water afterward to close the pores.

I have found that the care of the skin differs considerably in Winter from that in Summer. For example, to counteract the coarsening, drying effects of the sharp cold winds I use more than my usual amount of cold cream. The reason that Winter is a greater promoter of wrinkles than Summer is because the cold winds dry the skin, and the wrinkled skin is always a dry skin. Unless you are exceedingly careful your face will become but a dry, withered remnant of what was once a fresh, soft, rose-like skin.

That is why I preach first and last and all the time eternal vigilance in the care of the skin. No woman wants to have wrinkles or to lose the freshness of her beautiful complexion. And she need not. A little care and thought will go a long way in preserving it and warding off those unlovely wrinkles.

When all else fails, try ironing the face nightly with a lump of ice. It is a good remedy if you persist in it.

## Tested Cooking Recipes

By Mary Lee Swann,  
Principal, Scudder School of Household Arts.

**Italian Bean Soup.**  
COOK 2 cups cold baked beans with 1/2 can tomatoes, 1 sliced onion and 5 cups water very gently until soft. Thicken with 3 tablespoons flour creamed with 2 tablespoons butter. Press through sieve and season to taste with salt and pepper. Serve with croutons.

**Baked Coffee Custard.**  
SCALD 2 tablespoons coffee (freshly ground) in 3 cups milk. Strain through double thickness of cheese cloth. Beat 3 eggs with 1/2 cup sugar and stir into the milk. Add 1/4 teaspoon vanilla. Pour into buttered custard cups, set in pan of hot water and bake in slow oven until firm. Serve cold with caramel sauce.

**Corn Fritters.**  
BEAT 1 cup canned corn into 2 well-beaten egg yolks. Sift 1 cup oat flour with 1/2 teaspoon salt, 1/4 teaspoon pepper and 1/2 teaspoon baking powder. Add to corn mixture. Fold in the stiffly beaten whites of 2 eggs. Shape into small balls, drop into hot fat and cook until a delicate brown color.

**Prune Bavarian Cream.**  
SOFTEN 1 1/2 tablespoons gelatin in 1/2 cup cold water. Dissolve in 1/2 cup hot prune juice. Add 1-3 cup sugar and 1 cup of finely chopped cooked prunes. Set in pan of cold water. When the mixture begins to jell fold in 1 1/2 cups of beaten cream. Pour mixture into large mould decorated with sections of cooked prunes. A few drops of lemon juice improve the flavor.

**Pork Pie.**  
LINE a greased baking dish with rich biscuit dough. Dot the dough with small bits of salt pork, sliced very thin. Fill the dish with sliced apples, sprinkle with sugar and nutmeg. Cover with thin slices of fresh pork. Place a layer of biscuit dough over the pork. Bake in a moderate oven 1 1/2 hours.

**Princess Salad.**  
FRESHEN 1 pound salt codfish and cut into small pieces. Place in large kettle with 1 1/2 cups sliced potato, 1/4 cup sliced onion, 1/4 teaspoon pepper, a bit of dried celery or powdered thyme and 2 1/2 cups water. Cook slowly about half hour. Add 2 cups tomato juice and 2 cups scalded milk. Stir thoroughly and serve immediately with crisp crackers.

**Baked Cocoanut Custard.**  
SCALD 3 cups milk with 1 cup cocoanut. Dilute 1 tablespoon cornstarch with a little cold water or milk and stir into the scalded milk. When slightly thick add 3 eggs which have been beaten with 3/4 cup sugar. Stir constantly until eggs are set. Add 1/2 teaspoon vanilla. Pour into buttered custard cups, set in pan of hot water and bake in moderate oven.

**Spinach Timbales.**  
DRAIN cooked spinach very dry and measure 1 cup. Pass this through sieve. Add 2 tablespoons melted butter, 1/2 teaspoon salt, 1/4 teaspoon pepper and 2 well-beaten eggs to the spinach puree. Add 1-3 cup grated bread crumbs. Turn into greased timbale molds. Place in pan of hot water and bake in moderate oven. Serve with cream, tomato or Hollandaise sauce.

**Bean Soup.**  
SOAK 1 pound white beans in cold water over night. Wash, drain and set to cool in fresh cold water. Simmer gently 3 hours, adding more water if needed. Chop 2 sausages or 2 slices bacon, 1 onion, 1 clove of garlic, 1 or 2 stalks of celery, a sprig of parsley and 1/2 cup dried mushrooms (soaked in cold water). Sauté the vegetables with sausage or bacon and 1 tablespoon oil. When beans are tender, press through sieve. Add the chopped materials and 1 cup tomato puree and season to

**Albumen Water.**  
MIX 1 egg white, with 1/2 cup water (or milk), in a glass jar. Cover and shake until thoroughly mixed about four or five minutes. A pinch of salt is usually added. A few drops of orange or lemon juice may be used with the